

GONNA BE A GOOD DAY

LEVEL: Intermediate
ARTIST: RAYELLE
CHOREO: Nathan Ballard
SPEED: 100% **LENGTH:** 3m 04sec
SEQUENCE: INTRO A B C A B C A D C D A END
WAIT: 16 BEATS - Left Foot Lead

Quick Cues

INTRO (16 Beats)

4 Jazz & Rock
4 2 Basic
8 REPEAT OPP FOOTWORK

PART A (32 Beats)

8 Long Drag & Clap (FWD)
4 Pivot Chain (1/2 L)
4 Triple (Rft)
16 REPEAT

PART B (32 Beats)

8 Double Spider
8 Joey Rock
16 REPEAT OPP FOOTWORK

PART C (32 Beats)

16 2 Drag Rock & Rock
8 2 Rocking Chair(1/2 L ea)
8 Ida Red

PART A (32 Beats)

8 Long Drag & Clap (FWD)
4 Pivot Chain (1/2 L)
4 Triple
16 REPEAT

PART B (32 Beats)

8 Double Spider
8 Joey Rock
16 REPEAT OPP FOOTWORK

PART C (32 Beats)

16 2 Drag Rock & Rock
8 2 Rocking Chair(1/2 L ea)
8 Ida Red

Quick Cues

PART A (32 Beats)

8 Long Drag & Clap (FWD)
4 Pivot Chain (1/2 L)
4 Triple
16 REPEAT

PART D (32 Beats)

8 Samantha Creep
4 Stomp Double
4 2 Swish (R&L)
16 REPEAT OPP FOOTWORK

PART C (32 Beats)

16 2 Drag Rock & Rock
8 2 Rocking Chair(1/2 L ea)
8 Ida Red

PART D (32 Beats)

8 Samantha Creep
4 Stomp Double
4 2 Swish (R&L)
16 REPEAT OPP FOOTWORK

PART A (32 Beats)

8 Long Drag & Clap (FWD)
4 Pivot Chain (1/2 L)
4 Triple
16 REPEAT

END (1/2 Beat)

1/2 Toe Touch (XIB)



Restamped 8th Feb 2020
to current ACA
Terminology

STEP DESCRIPTIONS: 'GONNA BE A GOOD DAY'

JAZZ AND ROCK:

T-H(OTS) T-H(XIF) T-H(BS) RS
L L R R L L RL
& 1 & 2 & 3 & 4

BASIC:

DS RS
L RL
&1 &2

TRIPLE:

DS DS DS RS
R L R LR
&1 &2 &3 &4

LONG DRAG & CLAP:

[DS-DR/K(CLAP) S K/DR(CLAP) S R(CLAP) S(CLAP)] (FWD) DT(CLAP) S
L L /R R L/R L R L R
&1 & 2 & 3 & 4 & 5

K/DR(CLAP) S-DR/K(CLAP) S R(CLAP) S(CLAP)
L/R L L /R R L R
& 6 & 7 & 8

PIVOT CHAIN:

DS [RS RS RS] (TURN)
L RL RL RL
&1 &2 &3 &4

DOUBLE SPIDER:

DS SK HOP TCHH(XIF) S TCH(BK) SL SK HOP TCHH(XIF) S TCH(XIB) SL RS
L R L R R L R L R L L R R RL
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

JOEY ROCK:(In this dance on '&'5 R(OTS) on '&'6 R(XIB)

DS BA(XIB) BA(OTS) BA(OTS) BA(XIB) BA(BS) S RS RS DS RS
L R L R L R L RL RL R LR
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

DRAG ROCK & ROCK:

K(XIF)/DR S R(OTS) S-DR/K(XIF) S R(OTS) S K(XIF)/DR S R(OTS) S
L /R L R L L /R R L R L /R L R L
& 1 & 2 & 3 & 4 & 5 & 6

R(XIB) S R(OTS) S
R L R L
& 7 & 8

IDA RED:

DT(BK) H BR SL DS(XIF) BA-SL TT(BK) S RS DS BR SL
L R L R L R R L L RL R L R
& 1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

SAMANTHA CREEP:

DS DS(XIF) DR S(BK) DR S(BK) R(OTS) [H-FL S(TOG) H-FL RS] (DIAG R)
L R R L L R L R R L R R LR
&1 &2 & 3 & 4 & 5 & 6 & 7 & 8

STOMP DOUBLE:

(P) STO DS DS RS
L R L RL
& 1 &2 &3 &4

SWISH:

DT [BA/BA] (H'S OUT) [BA/BA] (H'S IN) SL/LIFT
L L /R L /R L /R
& 1 & 2